

Diabetes Management In The School Setting



A Resource Guide for School Health Nurses

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Developing A Diabetes Management Program In Your School

A diabetes management program indicates a responsiveness of school personnel to meet the needs of students with diabetes.

Creating procedures that outline responsibilities should alleviate anxiety personnel may have about helping students who have diabetes.

A management program should include:

- A plan for communicating with the parent/guardian and the medical provider
- School policies and procedures for administering medications and handling body fluids as encountered with blood sugar monitoring
- Specific actions for school personnel to perform in the management program

The registered professional school nurse coordinates, plans and implements an effective diabetes management plan. If the school district does not employ a school nurse, it is imperative that the student's physician or health care provider and local public health department are notified for assistance.

The school nurse is responsible for the development of an Individualized Healthcare Plan (IHP), which identifies and documents an individual student's healthcare needs. Critical to the success in establishment of an IHP is the use of a systematic approach to problem-solving particular to the nursing process and

identified as the Standards of Clinical Nursing Practice (ANA, 1996). These standards are Assessment, Diagnosis, Outcome Identification, Planning, Implementation and Evaluation. See example IHP in First Steps section. In developing the IHP the school nurse collects the following information, which becomes a part of the overall diabetes management plan:

- A Comprehensive Diabetes Health History
- Emergency Action Plan which describes a specific plan for handling high and low blood sugar episodes including appropriate treatment of foods and medications
- Blood glucose and insulin procedures for student self-monitoring and administration of insulin
- Dietary plan which identifies student meal and snack times and additional appropriate snack foods for low blood sugar treatment and a 504 plan if warranted

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